

A Guide to

Advance Care Planning

*It's about having a say
in your health care*



PRINCE EDWARD ISLAND
COLLEGE OF
FAMILY PHYSICIANS



LE COLLÈGE DES MÉDECINS
DE FAMILLE DE
L'ÎLE-DU-PRINCE-ÉDOUARD

A CHAPTER OF THE COLLEGE OF FAMILY PHYSICIANS OF CANADA
UNE SECTION DU COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA

Health PEI
One Island Health System

www.healthpei.ca/advancecareplanning

Advance Care Planning is thinking, talking about and writing down your future health care wishes or instructions. Your **Advance Care Plan** is your “voice” to let people know what kind of health care and treatment you would want in the future if you were unable to speak for yourself.

My Advance Care Plan

After you have filled out this plan, make sure to give it to your Maker(s), family members, doctor, and any other health care providers.

Most importantly, have conversations with your family and friends. They may have questions about your plan.

Your First name:

Your Last name:

Date of birth:

Address:

Phone:

Why should I prepare an Advance Care Plan?

You never know when an unexpected event or illness might occur. Preparing your **Advance Care Plan** ensures the right decisions can be made if you cannot speak for yourself. This process is not only for seniors or people with chronic or terminal illnesses, it is for everyone.

How do I make my future health care wishes known?

Talk to your family, friends or other trusted individuals about your wishes and let them know what care and treatment you would be willing to accept or refuse. Having these discussions may help reduce any anxiety that you or others may have and provide the confidence needed to make decisions for you should that become necessary.

The **Advance Care Planning Workbook** can help you through the advance care planning process. It contains questions to help you think about your values and beliefs and what you would want others to know about your choice of health care and treatment options. This workbook can also be used to complete a **Health Care Directive**.

Information on how to obtain a copy of a Health Care Directive form can be found on page 7.

The **Advance Care Planning Workbook** takes you through the 5 steps to make your plan:
Think...Learn...Decide...
Talk...Record

What is a Health Care Directive?

The **Health Care Directive** is a legally binding document in which you write your instructions about the health care and treatment you would accept or refuse if you were unable to communicate this for yourself. You can also name a person(s), known as your Proxy(ies), who will make decisions for you in the event that you become incapable of making them for yourself. If you do not have a **Health Care Directive** that names your Proxy(ies), the *Consent to Treatment and Health Care Directives Act* sets out who will make decisions for you if you are unable to speak for yourself.

It is strongly recommended that you talk to your health care provider(s) before completing the **Health Care Directive**. This will ensure your preferences and wishes are clear and easily understood by those who provide care and treatment.

How do I chose my Proxy(ies)?

Think carefully about who you feel would understand, honor, and follow your wishes, and who would be most capable of making decisions on your behalf. A Proxy(ies) may be a spouse or partner, adult child, trusted family member or good friend. You should choose someone who knows you very well and who you can trust to act on your wishes, not their own. They should be able to make difficult decisions in stressful situations. It is up to you to decide if you want one or more Proxies and whether they must make decisions together, or act alone.





Where should I keep my Health Care Directive?

Your **Health Care Directive** is your own personal document and you should keep your original copy of it in a safe place. Your Proxy(ies) should have a copy as well as your doctor's office. Be sure to take a copy of your **Health Care Directive** with you when you travel or if you are admitted to hospital or long-term care.

Can I change my Health Care Directive?

Yes. Your **Health Care Directive** can be changed by simply completing a new form. It should be reviewed regularly, or when there are changes to your overall health, personal/family circumstances, or your wishes or beliefs. If you make any changes to your **Health Care Directive**, it is your responsibility to make sure any previous versions have been destroyed and replaced with your updated version.

Is the Power of Attorney the same thing as a Proxy?

No. The Power(s) of Attorney can make decisions over banking and finances only. Proxy(ies) named in your **Health Care Directive** can make decisions about your health care and treatment if you are unable to make them yourself. If you want your Power(s) of Attorney to make health care and treatment decisions on your behalf, you must name your Power(s) of Attorney as your Proxy(ies) in your **Health Care Directive**.



What else can I do?

You can complete an **Advance Care Planning Wallet Card**. Carry the card with you to let others know that you have a **Health Care Directive** and identify who will be contacted in case of a medical emergency. Information on how to obtain your wallet card can be found on page 7.

When will my Health Care Directive be used?

Your **Health Care Directive** will only be used in the event that a health care provider has decided that you are no longer capable of making decisions for yourself. It will also allow your Proxy(ies) to make health care and treatment decisions on your behalf.

Your Health Care Directive makes it easier for your health care team to develop a Goals of Care plan that is right for you.

What are “Goals of Care” ?

If you are accessing certain services within the health care system such as admission to hospital or long-term care, surgery or emergency room services, your health care team may approach you to discuss your health, your current condition, and future health care and treatment options.

You may wish to include your family, trusted friends, Proxy(ies), or others in this discussion. This **“Goals of Care”** discussion will guide your health care team about the general focus of your care and treatment.

You should provide your health care team with a copy of your **Health Care Directive** (if you have prepared one). Be sure to ask about anything that will help you make your decisions and take the time to think about your choices. You may have to have several discussions before coming to decisions.

Your health care team will work with you to decide which of the following **Goals of Care** best describe your wishes for your future health care:

- (R)** *Medical Care including attempted resuscitation*
- (M)** *Medical Care excluding attempted resuscitation*
- (C)** *Comfort Care excluding attempted resuscitation*

You can also write any special instructions or wishes you feel are important and provide them to your health care team.



Once you and your health care team have agreed upon your **Goals of Care**, the health care team will write these **Goals of Care** on a **Goals of Care** form. You will be provided with a copy of the completed form.

Remember, you can request changes to your **Goals of Care** at any time. Simply tell your health care team you want to have further discussions about your **Goals of Care**. Your health care team will also review your **Goals of Care** whenever your condition significantly changes.

Forms and useful tools available online:

For information on the

- **Advance Care Planning Interactive Workbook,**
- **Health Care Directive Form,**
- **Or Advance Care Planning Wallet Card**

Go to: **www.healthpei.ca/advancecareplanning**

For information on the **Consent to Treatment and Health Care Directives Act**

Go to: **www.princeedwardisland.ca/sites/default/files/legislation/c-17_2.pdf**

For information on **Speak-up: Advance Care Planning in Canada**

Go to: **www.advancecareplanning.ca**

Paper copies of any of the above can be obtained from your health care provider or at any Health PEI Health Centre.





Start Preparing Your *Advance Care Plan Today*

For further information contact your
Family Physician/Nurse Practitioner
OR Health PEI at
902.620.3045



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